

**Introduction:** Histamine intolerance (HI) is a disorder associated with an impairment of ability to metabolize ingested histamine. The incidence of HI in general population is 1-3%. Clinical manifestation of HI contains nonspecific predominantly gastrointestinal, but also extraintestinal symptoms. HI could be primary with genetic predisposition, or secondary with lower activity of diaminoxidase (DAO) without positive genetic screening.

**Objectives:** This study aims to evaluate the prevalence of HI by patients with anxiety disorders. HI can imitate anxiety symptoms, therefore we predict higher prevalence HI in patients with anxiety disorders than in general population.

**Methods:** It is observational cross-sectional study on cohort of anxious patients for detecting the prevalence of HI. Patients were screened by scale for histamine intolerance questionnaire. Patients with positive questionnaire were examined for serum DAO and genetically examined.

**Results:** 113 patients fulfilled the HI questionnaire. From this cohort 35.4% (40 subjects) were positive at screening. Biomarkers of HI were screened only in case of positivity in this questionnaire.

**Table No. 1:** Results of our study from cohort with positive screening, 35.4 % (40 subjects).

Serum level of DAO		Genetic predisposition		
		positivity in risk allele	negativity in risk allele	altogether
positive screening (DAO<10 U/ml)		5 (4.4%) primary-genetically determined HI	5 (4.4%) secondary HI	10
	negative screening (DAO≥10 U/ml)	14 (12.4%)	16 (14.2%)	30
altogether		19	21	

**Conclusions:** This pilot study shows that the prevalence of HI could be higher in group of patients with anxiety disorders than in general population. For further confirmation other studies with control group and larger cohort should be done.

**Disclosure:** No significant relationships.

**Keywords:** anxiety symptoms; diaminoxidase; genetic examination; histamine intolerance

## EPV0004

### Clinical effects of central antagonist of cholecystokinin-1 receptors GB-115 in patients with Generalized Anxiety Disorder

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**Introduction:** The pilot clinical study of GB-115, a new peptide antagonist of central cholecystokinin-1 receptors, revealed that drug was clinically effective in patients with generalized anxiety disorder (GAD) at dose 6 mg daily. Here, we provide results of post-hoc analysis of changes of anxiety and fatigue symptoms to give characterization of its clinical effects in clinically relevant doses.

**Objectives:** To research the changes of anxiety- and fatigue-related symptoms during GB-115 treatment in patients with generalized anxiety disorder (GAD).

**Methods:** Patients with GAD without somatic diseases aged 18-55 years were eligible in the study. Patients were prescribed with GB-115 6 mg daily for 21 days. Anxiety and fatigue symptoms were assessed with Hamilton Anxiety Rating Scale (HARS) and Multidimensional Fatigue Inventory (MFI-20). Variables are described as medians and interquartile range (IQR). Pre-post comparisons were performed using the Friedman ANOVA at 2-side p-value <0.05.

**Results:** 25 patients diagnosed with GAD (8 males, 17 females; median [IQR] age: 34 [29.75, 43.0]) included in the analysis. Median [IQR] HARS total score decreased from 22 [20, 24.5] to 19 [16, 20], 13 [10.5, 15.5], 9 [5.5, 11] and 5 [3.5, 8] on the Day 3, 7, 14 and 21, respectively ( $\chi^2=95.07$ ,  $df=4$ ,  $p<0.001$ ). Median [IQR] MFI-20 score decreased from 70 [46, 75.5] to 59 [41, 74.5], 52 [37.5, 64.5], 37 [26.5, 63] and 28 [24, 48.5] on the Day 3, 7, 14 and 21, respectively ( $\chi^2=55.41$ ,  $df=4$ ,  $p<0.001$ ). None of patients had stimulation-related side effects.

**Conclusions:** GB-115 action in the treatment of GAD patients is characterized with anxiolytic action with mild psychostimulant properties.

**Disclosure:** No significant relationships.

**Keywords:** anxiety disorder; cholecystokinin; anxiolytic

## EPV0005

### Panic Disorder Severity Scale self-report: transcultural validation and sensitivity to change of the French-Canadian adaptation

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**Introduction:** The self-report version of the Panic Disorder Severity Scale (PDSS-SR) is a reliable and valid instrument to assess panic disorder, but is unavailable in French.

**Objectives:** The aim of this study was to conduct a transcultural validation of the French-Canadian PDSS-SR and examine its psychometric properties.

**Methods:** This study is part of a pragmatic RCT of group transdiagnostic CBT for anxiety disorders, and includes 272 adults meeting DSM-5 panic disorder diagnostic criteria. At baseline, participants completed the Anxiety and Related Disorders Interview Schedule (ADIS-5), the French-Canadian PDSS-SR and self-report measures. Convergent validity was assessed with Spearman correlations, Cronbach's  $\alpha$  was used to analyse internal consistency, and confirmatory factor analysis (CFA) evaluated its factor structure. Sensitivity to change was assessed with paired sample t-tests in patients (n = 72) meeting DSM-5 criteria for panic disorder at baseline with posttreatment data.

**Results:** 108 patients met DSM-5 criteria for panic disorder, including 58 with agoraphobia. The majority were women (85.3%) and

mean age was 37.1 (SD = 12.4). Internal consistency (Cronbach's  $\alpha$ ) was 0.91. For convergent validity, the highest correlation was with the Beck Anxiety Inventory ( $r = 0.64$ ). CFA suggested a two-factor model. Optimal threshold for probable diagnosis was 10. Analyses support sensitivity to change when comparing transdiagnostic group CBT and control conditions.

**Conclusions:** With its good psychometric properties in primary care patients, the French-Canadian self-report version of the Panic Disorder Severity Scale is an efficient and practical instrument for both clinicians and researchers working in the field of mental health.

**Disclosure:** No significant relationships.

**Keywords:** Psychometric properties; panic disorder; French validation; Assessment scale

## EPV0007

### Prevalence of anxiety in parents of Children with Adrenal insufficiency: a case control study

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**Introduction:** Adrenal insufficiency is a rare medical condition which can occur in children. Parents, being the primary support and support for the child, are generally involved in the care of their sick child.

**Objectives:** To estimate the prevalence of anxiety symptoms and associated factors in parents of children with adrenal insufficiency.

**Methods:** This is an analytical cross-sectional case-control study over a period of 4 months in 2019, carried out with parents of children with Adrenal Insufficiency followed at the pediatric outpatient clinic in Taher Sfar Mahdia University Hospital. We used an anonymous questionnaire that included a socio-demographic fact sheet and the Hamilton anxiety scale for exploring anxiety symptoms.

**Results:** A total of 38 parents of children with Adrenal insufficiency and 38 control parents participated in the study. The current age of the child was between 1 and 16 years old with an average of 9.1 and standard deviation of 4.22 For the assessment of anxiety, 55.3% of the parents had a score greater than 20 attesting to the presence of an anxiety symptomatology. In addition, only 26.3% of control parents presented anxious symptoms. There is a significant difference between the two populations ( $p = 0.010$  OR = 3.459). Anxiety was associated with having a child with SI (OR=3.4), female gender (OR=4.2), unemployment (OR=6.33), and low socioeconomic status.

**Conclusions:** Parents have a considerable burden in the care and management of their child with a chronic illness, which takes time and a lot of patience. Detecting anxiety symptoms in this population will help them manage it.

**Disclosure:** No significant relationships.

**Keywords:** Anxiety; adrenal insufficiency; Children; parents

## EPV0008

### Assessment of psychological defense mechanisms in women with somatoform disorder using Thematic Apperception Test-Based Measure

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**Introduction:** Maladaptive defense mechanisms can play a role in maintaining the inadequate social and psychological adaptation of patients.

**Objectives:** This study aims to establish if denial is one of the central psychological defense mechanisms in patients with somatoform disorder.

**Methods:** 10 female patients at Moscow Clinical hospital №33 with somatoform disorder and panic attacks (aged 20 to 43) and 20 female participants of the control group (aged 19 to 35) were presented with 10 pictures of the Thematic Apperception Test. Pictures were previously annotated into 4 groups: neutral stimuli (2, 6GF), provoking self-blame / depression ideation stimuli (3GF, 14, 15, 17GF), provoking aggression ideation stimuli (8BM, 18 GF, 9GF), provoking aggression/self-blame ideation stimuli (13 MF). We conducted content analyses of stories. Mann-Whitney U-test was used.

**Results:** Table 1 presents analyses categories, examples of stories, and group differences.

**Table 1**

Category	Example	Patients, % of stories	Control group, % of stories	Mann-Whitney U-test
Denial of interpersonal/ internal conflict	«It is a beautiful day. The girl is enjoying the sunlight. Her life is going well» (17GF).	90%	47%*	p<0,01
Denial of aggressive ideation	«She won't smother her, she just wants to scare her a little» (18 GF).	70%	30%	p<0,05
Denial of depressive / self-blame ideation	«Is she dead or not? I think, no. They were having sex and now they are sleepy» (13MF).			

\*Several patients told more than 1 story to a picture.

**Conclusions:** Patients with the somatoform disorder tended to use descriptions without interpersonal or internal conflicts and/or to deny any characters' negative intentions or the negative consequences of their actions.

**Disclosure:** No significant relationships.

**Keywords:** thematic apperception test; somatoform disorder

## EPV0009

### Clinical correlates of anxiety disorders : Tunisian study about 436 subjects

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